



## Fall 2017/Spring 2018

September 5, 2017 – June 17, 2018

### LAP SWIM

|                                    |              |
|------------------------------------|--------------|
| Monday/Wednesday/Friday            | 8:30–10:30am |
| Monday–Friday*                     | 4:00–7:30pm  |
| Saturday                           | 12:00–3:00pm |
| Sunday (September 10–September 24) | 3:00–6:00pm  |
| Sunday (January 7–May 20)          | CLOSED       |
| Sunday (May 27–June 17)            | 3:00–6:00pm  |

\*Limited lap lanes available; sharing is required and appreciated.

### RECREATION SWIM

|                                    |              |
|------------------------------------|--------------|
| Monday/Wednesday/Friday**          | 4:00–5:30pm  |
| Saturday                           | 12:00–3:00pm |
| Sunday (September 10–September 24) | 3:00–6:00pm  |
| Sunday (January 7–May 20)          | CLOSED       |
| Sunday (May 27–June 17)            | 3:00–6:00pm  |

\*Shallow end only.

### HOLIDAY HOURS

|                |              |
|----------------|--------------|
| Monday, May 28 | 12:00–4:00pm |
|----------------|--------------|

### FACILITY ADMISSION

|                       |        |
|-----------------------|--------|
| Adults (16 & older)   | \$4.00 |
| Child/Disabled/Senior | \$2.00 |

### DISCOUNT PASS FEES

|                       |                   |
|-----------------------|-------------------|
| Adults (16 & older)   | \$85.00/ 30 swims |
|                       | \$30.00/ 10 swims |
| Child/Disabled/Senior | \$40.00/ 30 swims |
|                       | \$15.00/ 10 swims |



**POOL CLOSED** the following Holidays and for staff Trainings: January 15, 2018; February 19, 2018; March 30, 2018; April 1, 2018; May 10, 2018; June 9, 2018.

### POOL CLOSURE SCHEDULE

September 25, 2017 through January 1, 2018

Please visit our other City Pools during the closure period. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims. To view a listing of programs, locations and closure periods of all City of San Diego's Swimming Pools visit: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/index.shtml>

All Aquatic Programs, Schedules and Fees may change due to enrollment and/or be cancelled without notice.

All City of San Diego Parks, Pools and Beaches are Smoke Free.

## POOL CLOSED

September 25, 2017– January 1, 2018

### YOUTH SWIM TEAM (ages 6–17)

Enrollment is available upon successful completion of Competitive Skills or Pool Manager's approval.

|                         |               |
|-------------------------|---------------|
| White Level             | \$27.00/Month |
| Monday/Wednesday/Friday | 5:30–6:30pm   |
| Silver Level            | \$38.00/Month |
| Monday–Friday           | 6:30–7:30pm   |

(Fees are due at the beginning of each month)

### YOUTH WATER POLO (ages 9–17)

Participants must be able to swim 200 yards continuously and tread water for one minute.

|                  |   |
|------------------|---|
| Tuesday/Thursday | 5:00–6:30pm                                   |
| \$27.00/Month    | (Fees are due at the beginning of each month) |



### WATER FITNESS

#### Aquatic Body Conditioning /Deep Water Fitness

This class is a combination shallow and deep water. Class is for all fitness and swimming abilities.

|                         |              |
|-------------------------|--------------|
| Monday/Wednesday/Friday | 9:00–10:00am |
| Saturday                | 12:15–1:15pm |

|                |                    |
|----------------|--------------------|
| Adults/Seniors | \$3.50/class       |
| DISCOUNT PASS  | \$30.00/10 classes |

**RENTALS:** All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

**SAFETY CHECKS:** There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

**EMERGENCY TESTING:** All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

- Passes expire one year from the date of issue and can be used at any City Pool.
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times. **No re-entry is allowed.**
- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times.
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within an arm's reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

### ON LINE REGISTRATION

Online and Walk-in registration opens at **12:00p.m.** on the registration dates listed next to the session dates. **To view class times and to create an account, log on to the registration site [SDRecConnect.com](http://SDRecConnect.com).**

**Prior to registering**, all returning participants will need to confirm with pool staff to ensure the correct prerequisite skills are listed on their [SDRecConnect.com](http://SDRecConnect.com) account. Otherwise Activenet will not allow for the registration of any upper level lessons. If this is your first time registering for lessons with the City of San Diego you will need to contact pool staff to schedule a participant assessment. Staff are also available to assist you in creating an [SDRecConnect.com](http://SDRecConnect.com) account.

*A lottery system is implemented for lesson registration. Please contact Pool staff for any questions or assistance prior to registration day.*

**Learn to Swim for Free (LTSFF).** You may only register on site at the City Heights Swim Center and for one session at a time. Registration begins at 12:00pm on March 3, 2017.

| Spring Sessions | Session Dates | Registration Dates |
|-----------------|---------------|--------------------|
| LTSFF A (T/TH)  | March 6-29    | Saturday, March 3  |
| LTSFF B (T/TH)  | April 3-26    | Saturday, March 3  |
| LTSFF C (T/TH)  | May 1-24      | Saturday, March 3  |

### LIFEGUARDING CLASSES

The Winter Aquatic Vocational Education (W.A.V.E) and (S.A.V.E) Spring Aquatic Vocational Education Programs offer individuals an opportunity to participate in a Lifeguard Training Course offered at an affordable cost. The Program is limited to 30 participants. Attendance at all scheduled classes is mandatory. Upon successful completion of this course, candidates are required to complete at least 30 hours of volunteer work at an authorized aquatic facility.

**Please contact the Pool Manager to receive more information.**

**Cost: \$85.00**

**(\$50.00 class fee and \$35.00 Red Cross certification)**

#### W.A.V.E PROGRAM

**Ned Baumer Miramar College Aquatics Center  
10440 Black Mountain Road  
(858)538-8083**

**Saturdays & Sundays Oct. 7-Nov. 5, 2017  
Tryouts @ 9:00am sharp October 7th**



#### S.A.V.E PROGRAM

**City Heights Swim Center  
4380 Landis Street  
619-641-6126**

**Saturdays & Sundays February 3-March 4, 2018  
Tryouts @ 9:00am sharp February 3rd**

### REFUND / CLASS CANCELLATION POLICY

There are **NO REFUNDS**. Full refunds will only be granted if a program is cancelled by the Pool Manager. Aquatic Programs are run assuming minimum numbers are met. If registration does not meet the stated minimum, the program will be cancelled. In this case, you will be notified and staff will try to find another class that will meet your needs or you will receive a **FULL REFUND**.

### ADAPTIVE AQUATICS

Instructional classes designed for individuals with disabilities, ages four and older, by teaching each student based on their abilities; and when possible, transition participants into regularly scheduled group lessons. As part of the transition process, the aquatics department also offers inclusion support for those who are able to participate in the regular scheduled group lessons. **Please contact the following pools for more information:**

**Ned Baumer Carmel Valley Kearny Mesa Memorial**  
(858)538-8083 (858) 552-1623 (858)573-1389 (619)235-1139

**City Heights Vista Terrace Martin Luther King Jr.**  
(619) 641-6106 (619)424-0469 (619)527-2451

- It is important to enroll your child in the correct class; necessary transfers may result in a change of class days and times. *To ensure your child is enrolled in the correct level please contact pool staff regarding prerequisites and skill assessments.*
- An appropriate swimsuit is required at all times. Swim diapers are required for children under 4 years old regardless of toilet training.
- If you have a child under the age of 7, a parent or responsible adult must remain in the spectator area at all times, during swimming lessons and swim team practice.

*Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.*

### VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

**DONATIONS:** By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director, CPII Division, (619)525-8235

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.